

12. A device as claimed in claim 10 wherein the scale representing the traveller's body time displays readable codes for guidance on the procedure of resynchronising the traveller's body clock.

13. A method of aiding resynchronisation of a personal body clock of a traveller to assist the re-normalisation of the biorhythm of the traveller when said traveller has completed a relatively long journey including substantial longitudinal displacement, said method comprising the steps of calculating the journey time, amending said journey time to coincide with the arrival time at the journey destination according to local time at the destination, and calculating the difference in exposure to daylight at the destination to prevent the traveller's body clock being altered while at said destination.

14. A method as claimed in claim 13 as applied to a traveller completing a relatively long journey West, comprising the steps of setting journey departure time to the actual local time at the point of departure which is also the traveller's natural body time, adding the

journey time to the departure time to provide a calculated arrival time in terms of the departure time zone, retarding the calculated arrival time by the amount appropriate to Westward travel through progressively retarding time zones, and undertaking a re-normalisation procedure involving a schedule of exposure and avoidance of daylight.

15. A method as claimed in claim 13 as applied to a traveller completing a relatively long journey East, comprising the steps of setting journey departure time to the actual local time at the point of departure which is also the traveller's natural body time, adding the journey time to the departure time to provide a calculated arrival time in terms of the departure time zone, advancing the calculated arrival time by the amount appropriate to Eastward travel through progressively advancing time zones, and undertaking a re-normalisation procedure involving a schedule of exposure and avoidance of daylight.

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